



WHAT IS SECONDHAND SMOKE?

Secondhand smoke is the smoke given off by a cigarette, cigar, or pipe and the smoke exhaled by the person who is smoking it.

WHY IS SECONDHAND SMOKE DANGEROUS?

The smoke from tobacco products contains over 4,000 substances; more than 40 of them can cause cancer in humans.

Children exposed to secondhand smoke experience:

- more frequent colds and ear infections
- increased coughing, wheezing
- higher risk of pneumonia and bronchitis
- weaker lungs
- higher risk of developing asthma, or
- worsened asthma

Infants exposed to secondhand smoke could be at increased risk for Sudden Infant Death Syndrome (SIDS)

In adults, secondhand smoke:

- can cause cancer
- can make it easier to get lung diseases,
- have a heart attack or suffer a stroke

